

Chicken Apple Salad Sandwich

Makes: 4 Sandwiches

Ingredients

1/4 pound cooked, shredded chicken

1 cup chopped celery (one stalk)

1/2 cup chopped apple (one apple)

1/3 cup light mayonnaise

1 lemon, juiced

1 package raisins (small box, 1.5 ounces)

8 slices whole wheat bread

1 cup chopped walnuts (optional)

Directions

1. Combine all ingredients except for bread together in a bowl.
2. Create 4 sandwiches on whole wheat bread.

Notes

May substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced.





Suggest serving sandwiches with lettuce and tomato.

Nutrition Information

Nutrients	Amount
Calories	354
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	63 mg
Sodium	660 mg
Total Carbohydrate	41 g
Dietary Fiber	5 g
Total Sugars	15 g
Added Sugars included	4 g
Protein	29 g
Vitamin D	0 IU
Calcium	89 mg
Iron	2 mg
Potassium	512 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/2 cup
	Vegetables	1/4 cup
	Grains	2 ounces
	Protein Foods	2 1/2 ounces

Learn more about:

- [Apples](#)
- [Celery](#)
- [Citrus Fruits](#)

Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.